

SIDE DISH

Whipped Sweet Potatoes with Pears

25 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	8	\$1.75	490 kcal



Whipped Sweet Potatoes with Pears requires approximately 1 hour and 35 minutes from start to finish. For \$1.75 per serving, you get a side dish that serves 8. One portion of this dish contains roughly 7g of protein, 18g of fat, and a total of 542 calories. It is brought to you by Allrecipes.

Ingredients

- ☐ ½ cup packed brown sugar
- ☐ 1 cup evaporated milk
- ☐ 1 pinch freshly grated nutmeg
- ☐ 4 pears - peeled, cored and chopped
- ☐ 8 sweet potatoes
- ☐ 4 tablespoons butter
- ☐ ½ teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice
- ☐ 1 cup chopped pecans
- ☐ 2 teaspoons vanilla extract

EQUIPMENT Food processor, Bowl, Sauce pan, Oven, Baking pan

Method

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Prick the sweet potatoes with a fork and bake in the preheated oven 1 hour, or until tender.
- 3 Peel the baked sweet potatoes.
- 4 Place in a medium bowl and whip until smooth.
- 5 In a medium saucepan over medium heat, gently cook the pears 10 minutes, or until tender. Process the pears in a food processor until smooth.
- 6 In a medium saucepan over medium heat, mix the evaporated milk, vanilla, brown sugar and butter.
- 7 Heat until scalded. Blend into the sweet potatoes.
- 8 Mix the pear puree, cinnamon, nutmeg, orange juice and pecans into the sweet potato mixture.
- 9 Transfer to a large baking dish.
- 10 Bake in the preheated oven 15 minutes, or until lightly browned.

Nutrition per serving

490	7 g	18 g	78 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6 g · 37% of daily needs
Fibre			11 g · 44% of daily needs
Sugar			35.7 g · 40% of daily needs
Sodium			208 mg · 9% of daily needs
Cholesterol			24.2 mg · 8% of daily needs
Vitamin C			12.1 mg · 15% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/whipped-sweet-potatoes-with-pears-145101